Free

Umpqua Community College student publication

The Mainstream

mainstreamonline.org

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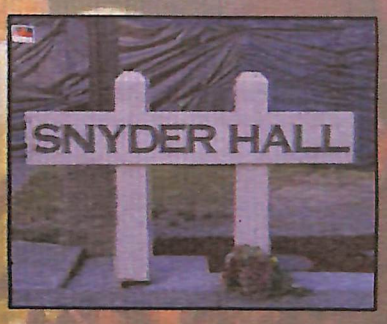
Provided by Art Lucero

Members of the community are still showing their support. UCC is more than a school. It is strength, unity, family and hope.

Mainstream

Victoria Calvillo, Josh Mattox, Brandon Slone and Andrea Calvillo attended Hands Across UCC held at 10:38 a.m., Oct. 15.



The Mainstream Staff

The innocence and peace of our small community was shattered on Oct. 1, 2015. Words can't describe the acts of kindness, love and community support that are helping to glue us back together.

Words also can't express our gratitude for all the love and support the students, faculty and staff have been given during this terrible time in our community. The phone calls from distant family and from close as well as long-ago friends made us feel cherished. We never knew we were loved that much. From the hugs and therapy dogs to the counselors and police presence to make students feel safer on campus, all of the community's gifts are helping students achieve their academic goals. We have been shown so many acts of kindness returning to school. We thought we understood the value of community support before Oct. 1, but we now know its importance at a whole new level.

The sorrow is still here, and we recognize it on each others' faces. Some campus faces are hard and strong right now. Some are in pain. Some look ambiguous. Some are starting to smile again. We know our sorrow, but we will not let it devour us. We must continue in our education, or we will lose that also.

"They say a picture is worth a thousand words," but sometimes pictures are hard to read, too. The clearest, unified picture on campus right now is support, so this edition is dedicated to those photos.

As Anne Frank said, "The weak fall, but the strong will remain and never go under." We are UCC strong and we can get through this in honor of the victims and their families. •

-Alex Estrada, Mainstream editor and the Mainstream staff

Campus Life

We are UCC Our Story:
Students show courage under fire

Mainstream

Students and staff joined hands at 10:38 a.m., Thursday, Oct. 15, two weeks after the campus shooting, to commemorate the change of the flag to full staff. The Eugene Highlanders Pipe Band played at the compass.

THE MAINSTREAM

Stories of students' individual courage, personal sacrifice and leadership through the Oct. 1 tragedy have started emerging. Each is a singular account of human graciousness in the most difficult of times. We gathered just a few stories of students helping students for the record.

Some students ran away from the shooting on Oct. 1 to warn the rest of the campus. Some ran into the shooting to help.

"A man named Jim ran towards me waving his arms [and] warning me that there was a shooter on campus. Jim saved my life; I was walking from the science building to Snyder," says Theresa Barry, a Communication Studies student.

Jamie Glenn, also a Communication Studies student, ran to get her car, then ran back to rescue Barry who could not run due to damage in her feet. Glenn's car hit nearly 100 mph as the two exited campus before police entered.

Warning texts flew between students. Some students stayed safe in buildings solely because of those texts. Others were warned with calls from family members. Students who recognized that the sounds were gunshots took responsibility for informing their classes and getting peers to safety.

During the lockdown, students shared their cellphones so people could contact loved ones.

Many offered counsel or friendly conversation and prayers to those in visible stress. Some held hands. Many checked police logs and news feeds to share information with each other.

One student refused to leave campus until he learned that his friend was safe and well. In another case, a student assisted a wheelchair-bound friend by carrying the friend onto a bus since no handicap-accessible buses were available.

After the incident occurred, members of Organic Chemistry class helped carry supplies and water bottles from the donation trucks to students gathered in Jackson Hall.

Students and community members organized the first Candlelight Vigil in Stewart Park the night of the shooting.

A large group of students later sent a card to Chris Mintz saying "thanks."

During the first week back to school, students walked their friends to the buildings where they had been locked down so they would feel more comfortable returning to those classes.

In the World Religions class that gets out at 8:30 p.m., students still walk each other to their cars as a group to avoid any fear or discomfort from the dark evening.

Riverhawk athletes have increased their support of each other.

Too many students have participated in either leading, helping or supporting fundraising to list.

Faced with an incredible catastrophe, students prove they are #UCCStrong. •

Mainstream

Condolences came in from around the world. Flowers, cards, balloons and candles were collected at Swanson Amphitheatre. Some drew in chalk on the pavement; others left hand prints. Mementos continued accumulating after this photo.

Tracy Stepp, a business administration student, received one of the free shirts passed out during the campus Hands Across UCC event where students and staff joined hands in a giant circle within campus center.

THE MAINSTREAM

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Guest articles are welcomed but see mission statement for additional submission information. All copy is due every other Tuesday.

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The Mainstream is a designated student forum written to promote the activities, events, and interests of UCC. Its primary focus is on hard news relating to campus events or personnel, especially as students are affected, but features, art work and poetry may be accepted. Any opinions or art presented in The Mainstream do not represent the viewpoint of this newspaper or UCC.

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Health

Dealing with Post Traumatic Stress Disorder

ALICIA GRAVES
The Mainstream

You may have never felt afraid when sitting in your classroom or skittish when someone walks by a window until this term. Loud noises may not have caused you to feel anxious in the past. They do now.

The symptoms of Post-Traumatic Stress Disorder are many and vary from person to person. Recognizing the signs and how to cope can go a long way in helping with self-recovery and assisting others to heal.

PTSD may take days, weeks or even years to appear. According to the National Center for PTSD, "If the symptoms last longer than four weeks, cause you great distress, or interfere with your work or home life, you might have PTSD."

Michael Jackson, director at the Grants Pass Veterans Center, is one of the many professionals offering counseling on campus. "You manage it [PTSD]; don't let it manage you," he advises. Jackson, who served in Iraq, offers management suggestions:

Normalization: Understand that the [PTSD] responses are normal reactions to unusual circumstances. It is the body's way of coping with a trauma, Jackson explains. Recognize that the symptoms are manifestations of the experience.

Grounding: Jackson also recommends grounding yourself and others by remembering that it's OK to react in the moment. If helping other people, reassure them that you are there for them and that they will be OK. Either during an episode or during an attack, ask the question, "Are you ok?"

For those helping others with anxiety, Jackson suggests using language like "I see you shaking" or "I see you're having shortness of breath" to help the person self-assess. Follow up by asking what you can do to help them feel safe. Remember to let them guide you as to what they need.

Manage the symptoms: Identify symptoms and recognize "triggers," Jackson advises. Jackson and others suggest symptom management techniques: relaxation exercises, deep breaths, sitting down if surroundings become disorientating, finding a safe place.

If the symptoms of PTSD persist after a month, seek professional help, Jackson and other therapists recommend. The timeline for healing will vary for each person as will the healing process.

Help is here on campus in the VA center in ESB and in the Bistro for now and will continue to be available for the rest of the school year. •

Photo provided by Justin Pittman, former Mainstream staff member

The first candlelight vigil was Thursday, Oct. 1 at Stewart Park.

The four Major Symptoms of PTSD,
according to the National Center for PTSD

1. Reliving the event. This can come out in the form of flashbacks and nightmares and is usually accompanied by anxiety.
2. Avoiding situations and people who may remind you of the event. For example, a car wreck victim may avoid the area in which the accident occurred. A victim of a violent event may avoid imagery that relates to the event. These are commonly referred to as "triggers."
3. Changes in lifestyle, beliefs, and feelings. Survivors of trauma often experience what is called "survivor's guilt." Negative emotions and thinking can contribute to mood swings, depression and lack of interest in things they once found as enjoyable.
4. Feelings of extreme jitteriness or alertness. This can cause sleeplessness, changes in appetite and an overwhelming feeling of disconnection or hyper-awareness of surroundings. Panic attacks can ensue.

Furry paws provide comfort to community

ALICIA GRAVES
The Mainstream

Sometimes a helping hand is a helping paw, as UCC students like Laura Fairchild discovered during the first week back to school after the Oct. 1 incident.

Coming back to school was so difficult that some students parked then just turned around and immediately went home. Fairchild, who was having an especially hard time getting to her classes, stopped at the compass first to pet the comfort dogs stationed there.

She sat down for about an hour with Shami, a golden retriever from Lutheran Church Charities in Illinois. As Fairchild visited with Shami, who has her own Facebook page, the dog immediately placed her paw on Laura's hand and refused to move it until Laura was ready to leave.

Frank, another UCC student who struggled with returning, is a dog lover. For Frank, hearing that comfort dogs would be on campus provided the courage to come back. Shami again was the dog to offer support.

Since meeting with Shami their first days back, both students have continued to return to campus. •

Alicia Graves/ Mainstream

Students, Laura and Frank, spend time with Shami the comfort dog during the first week of classes.

Jessica Hundley / Mainstream

Events & Entertainment

Fundraisers for UCC and upcoming events

Live Auction
Leopatical (735 SE Cass, Roseburg) will be hosting an auction/event on Nov. 1, 2015.
They are asking as many as possible to donate a nightstand to Leopatical to be refurbished, repaired and repainted. These nightstands will be auctioned at a live auction. All of the funds raised will be deposited into a U.S. Bank account set up specifically for the victims and their families of the tragedy on Oct. 1, 2015.
If you cannot attend, please make a donation to U.S. Bank, under the title of: Greater Douglas United Way ROSEBURG UCC relief fund.
The public can call the shoppe at 541-673-8995 if you have questions or need directions to the shop.

Information provided by 'TAKE A STAND (for our community)' on Facebook

Healing Umpqua Concert
November 1, Delfino Vineyards
Healing4Umpqua is a free event to remember and benefit those lost, wounded and affected by our recent tragedy. It's an opportunity to unite with neighbors to heal the community through music. Delfino is welcoming all to this curative gathering. A non-denominational service will begin at 11a.m. for those who want to partake. Performances will start at 12:30 p.m.

Information provided by 541radio.com

River Hawk Tear
Window Decal
available for purchase at Umpqua Bank, Oregon Coach Crafters, and Tub Time Treasures.

Information provided by 541radio.com

UCCSTRONG
WE WILL PREVAIL TOGETHER

BENEFIT GOLF TOURNAMENT

Roseburg Country Club

October 31,2015–10 AM Shotgun

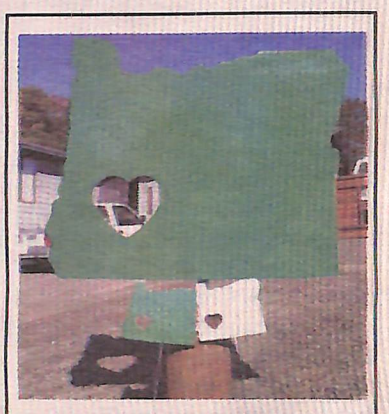
4 Person Scramble to benefit UCCSTRONG

Entry Fee: $400 Per Team–$100 Per Player

Includes: Golf, Cart, Range Balls & Prizes

All proceeds donated to UCC Strong Fund

Information provided by 541radio.com



Heart in Roseburg
Metal yard signs are available from Mike Smith and Justin Troxel and the Steel Outlet. All donated materials and all funds will go to the UCC Relief Fund. Signs are selling at 1769 NE Todd Street in Roseburg. $10 each. Available in green and white.

Information provided by 541radio.com

Umpqua Strong
2015 Music Festival

Benefit Fundraiser for UCC relief!

Live Music By:
-Charly Freak
-Brody Jansen
-Black Ink
Breakdown
And many more!

October
24 & 25
at Stewart Park

There will be raffle drawings!

Donations made by: Cabelas
For event Information please contact: Matthew Stubbs, (209) 326-4997

Designed by Kayla Towers

McMenamins Restaurants & Breweries
Thursday, October 22 McMenamins is donating $1 of every pint sold at all Oregon locations to the UCC Strong Fund! In addition, our Roseburg location is hosting a friends and family night from 5 p.m. to closing. Half of the night's proceeds will go to the fund. Come help us support UCC Strong!

McMenamins
UCCSTRONG
WE WILL PREVAIL TOGETHER

Information provided by 541radio.com